
The Blue Horizon

E Kokua Pakahi Kakou

November 2002

ISC Honolulu Work-Life Newsletter

Volume 10 Issue 11



November is National Military Family Month



Aloha to all members of the Coast Guard Family. I am pleased to join the Armed Services YMCA in celebrating National Military Families Month, and extend a special appreciation to our dear, vital families. The phrase "unsung heroes" is often heard. Coast Guard families are not unsung, but no amount of appreciation is equal to the valuable support you provide to our active-duty members, reservists, civilian employees, auxiliarists, and retirees. Yes, civilian employees may not be "military," but how could we perform our missions without them? I'm using this occasion to personally thank all the spouses, children, brothers, sisters, parents, and any other member of our Coast Guard Ohana. If it wasn't for you, we couldn't be the best Coast Guard in the world. When the news media shows your Coast Guard in a dramatic search and rescue, law-enforcement, or other important service to our Nation, know that your support at home plays a vital role in the success of that mission. Coast Guard and other military families have always been asked to make sacrifices above and beyond many other families. You have always come through...and we are grateful.

During the month of November, we also celebrate Thanksgiving. It's a holiday that immediately brings to mind Norman Rockwell illustrations of families sitting around a bountiful table treasuring each other and the land in which we live. During these stressful times, this Thanksgiving gives us a chance to appreciate even more what's truly important in life. You are part of the Coast Guard family. On behalf of every person who wears a Coast Guard uniform or who draws a Coast Guard paycheck, thank you for your continuing and enduring support.

Semper Paratus,

R. D. UTLEY

Rear Admiral, U.S. Coast Guard
Commander, Fourteenth Coast Guard District



Mission Statement: ***Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.***

An Attitude of Gratitude

By
Ms. Jeri Couthen

The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The EAPC's goal is to help all members of Team Coast Guard make independent, informed decisions that improve the quality of life.

I remember as a child being reminded that I should be grateful for all the good things I had in my life. My Grandma Bea told us to say our prayers and to be thankful for a loving family, plenty of food, a warm bed, brothers and sisters, our good health, and all the other things that I took for granted.

As a youngster I didn't always see the value in my grandmother's wisdom. However, some years later, I was able to place the "attitude of gratitude" into a whole different perspective. As I discovered more of how our minds work, and began to see that we have in our lives what we think about, and that we tend to get what we subconsciously expect, it registered that in order to continue to enjoy good fortune, I needed to feel fortunate.

It is imperative that we are thankful for what we have. The great spiritual teachers, Jesus, Buddha, Mohammed, and others, have taught that we should count our blessings. The wisdom behind this is that our mind is a great magnet and we gravitate toward what we think about most.

If Joe continues to grouse and grumble that nothing ever works for him, that there is never enough money, nobody loves him, he always gets the same rotten jobs and life is tough, then he will attract more of the same. On the conscious level, he will overlook opportunity, refuse offers of assistance, and continue to propel himself into financial and emotional bankruptcy. On the subconscious level he will repel opportunity and attract one drama after another as he sees his world unfold precisely as he thought it would. Joe's picture of things is that he misses out and goes without and he will create a life for himself in accordance with his belief system.

My observation has been that the universe is essentially fairly forgiving, but that if a person consistently concentrates on what he doesn't have, he will get less and less of what he wants. I have also found that those people who have the most beautiful friendships are those people who value them very highly.

Those who lead active and fulfilling lives are the people who are consistently rejoicing in what life gives them.

It seems that in many cases we are socially conditioned to look at the negative side of life. If there are ten things going right and one thing going wrong, we tend to focus on what's wrong. When our child gets 11 out of 20 in a math test, we don't concentrate on the 11 he got right but on the 9 he missed. Too many people believe that being realistic and being rational is a matter of focusing on faults!

Somebody once commented, "If you are miserable about all the things you want but haven't got, think about all the things you don't want and haven't got!" There is a positive side to everything!

As I see it, an attitude of gratitude ensures that our attention is on what we really want. As we see ourselves as living well and recognize what we already have, we set up a flow of good things coming our way. More and more often, we find ourselves in the right place at the right time.

Don Henley's CD *Inside Job* has a line in one of the songs that I really like:

*"To want what we have
To take what we've been given with grace
For these things I pray"*

Great advice, I couldn't have said it better!



2nd Annual Adoption Awareness Celebration
Saturday, November 2 11:00a.m. – 3:00p.m.
Windward Mall

- ❖ Presented by Hawai'i Permanency Adoption Alliance with Special Thanks to Jon Yamasato, Honorary Chairperson
- ❖ Face Painting, Games, Activities, Prizes
- ❖ Musical Guest Artists: Tani Lynn, Imua, Forte, Dita Holifield

❖ Special Guest Appearances: PBS Kids' Arthur & Clifford the Big Red Dog

Guidelines for Sending E-mail While Underway

By
Owen M. Norton, MSW, LSW

The Family Advocacy Specialist (FAS) is a certified social worker who provides guidance, support, resources, referrals, and information to individuals and families who find themselves in a personal or professional crisis, who have a special need that must be addressed, or who have the desire to learn how to resolve couple and family problems without being abusive in their relationships.

E-mail gives us the opportunity to send messages and stay in contact with our loved ones like never before. It is amazing and can be great for spouses, their children, relatives and friends to stay connected while one is underway. The e-mail reminds us that we are loved and are in our loved ones thoughts

However, there can be problems with e-mail. Sometimes we may word something incorrectly and not send out the message intended. Another thing that can happen is the receiver of the message may misinterpret what was meant and it can be a negative interpretation.

I recently sent an e-mail message to my daughter, Shanna, mentioning something about her boyfriend. He happens to be someone I like very much, but she thought I disapproved of their relationship. I was able to quickly get on the phone, and from my words and tone of voice, she could understand better what I was intending to communicate. I let her know that I thought Jack was a terrific guy. Problem resolved, but I had the luxury of access to a phone, which is not usually the case when underway. What are some guidelines to use?



THINK BEFORE YOU SEND YOUR MESSAGE.

First think about what you have written and how the receiver may understand it. A wife told me she sent a message to her husband who

was deployed saying she was tired. She had been to the doctor that day because one of the children had the flu and had been up all night. The Doctor said their 6-year-old son also had a heart murmur. The husband/father was worried and couldn't sleep for two nights, feeling guilty that he could not be there for his ailing child with a heart murmur. The first chance he got he called and learned from his wife that the heart murmur discovered by the doctor was no cause for alarm and was quite common.

BE POSITIVE. Try to be as positive as possible. There are people that always see the cup as being half-full versus half-empty, and the e-mail messages that are written positively can be much easier to manage. I am not saying to deny reality when you use e-mail; however, it may not be a good forum to bring up negativity and problems that can't be dealt with during the deployment.

DON'T JUMP TO CONCLUSIONS. When you receive a message that could be perceived in various ways, try not to make a negative interpretation of the message. Give your partner the benefit of the doubt, and ask for clarification as to what is meant when you send a reply or talk on the phone.

The new electronic age has benefits and occasional pitfalls. Use good judgment and common sense when sending e-mail, and the challenge and stress of deployments can be reduced.



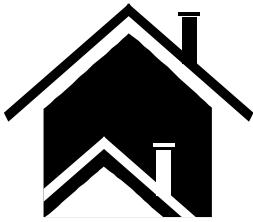
Hawai'i Families as Allies & Easter Seals Hawai'i present

Family Leadership Academy
7-8 December 9:00a.m. – 4:30p.m.
Easter Seals Hawai'i, 710 Green Street

For Parents of Special Needs Children and Adolescents

Topics to be covered include: System of Care in Hawai'i, Overview of Felix, IDEA, 504, and CASSP, Effective Meeting Participation and Facilitation, Communication Skills, Effective Negotiation Skills, Importance of Documentation, Impact of Emotional/Behavioral Disorders & Coping Strategies. Also offered: visioning and renewal activities to rekindle your hopes and dreams for your child and yourself.

For more information, please contact Yvonne at 487-8785 or Nicole at 536-1015.



OAHU HOUSING CORNER NOVEMBER 2002



DZS/BAKER LLC Maintenance Contractor "Tidbits"

Holiday Fire Prevention - Are the stores starting to break out their Holiday decorations earlier and earlier? We would like to take this opportunity to help remind everyone of the potential for fire hazards when decorating for the upcoming holiday season. Check all light stringers and electric ornaments closely. Small imperfections and breaks might not be noticed in the casual inspection. Look for worn and frayed areas along the entire length of the cord. Be mindful when plugging in your holiday lights to electrical outlets. Circuits may already be overloaded with other home appliances or entertainment units. Use of approved extension cords and UL approved electrical lights should only be used. Please enjoy your holidays the way they were intended--Joyously and Safely. Happy Holidays to Everyone!



FIFTH ANNUAL HOLIDAY LIGHTING CONTEST



Plan now to decorate the outside of your house, including the yard, with holiday decorations and/or lights. Judging will take place on Friday, 13 Dec 02. The judges will select one set of officer quarters and one set of enlisted quarters as winners from Phase I and Phase II. Please remember **SAFETY FIRST** and only use UL approved electrical lights and decorations. Please turn off all lights nightly by 2200. Please attach your decorations carefully so that your quarters aren't damaged. Please do not staple or nail into the roofs. If you have any questions, please call the Housing Office at 831-2766.

Pet Owners

Please be advised that all **pets are to be confined, unless controlled by a leash**, to the unit and/or yard assigned and **shall not** be permitted to run at large under any circumstances. As a reminder: When walking your dog, all pet owners shall pick up and dispose of all pet droppings in trash receptacles.



CHILD SUPERVISION



One of the most important objectives of the Coast Guard Housing program is to provide a safe environment for KKH residents and, most especially, for the children. Please review Section 2.06 CHILD SUPERVISION of the Housing Handbook to understand supervising your children while you live in housing. Please monitor children while they are playing, particularly when it comes to skate boards, roller blades, bikes and the popular "Razor" aluminum scooters. The Housing Handbook requires **"all bicycle, roller-blades and skateboarders to wear, at all times, helmets and other protective equipment."** We have extended the wearing of protective equipment to be used when children are riding aluminum scooters to ensure safe riding and help reduce the risk of injury. Should you have any questions or concerns, please contact the Housing Office at 831-2766.



FAMILY SUPPORT CENTER @ HICKAM AFB

Bldg 1105, 449-2494 or 449-6475

www.hickam.af.mil/FamSup

BALANCING WORK AND LIFE: TIME MANAGEMENT, Nov 27, 9:00-11:00 am. Learn to reduce personal stress by better managing your time. Acquire practical skills that will help you determine priorities, define and accomplish goals, and mobilize resources.

COLLEGE FUNDING, Nov 20, 1:00-2:00 pm. College costs have increased dramatically and will certainly rise in the future. At the same time, the competition for scholarships and financial aid has become more intense. Have you made a financial plan and taken the necessary steps to ensure you'll have the money to pay for your children's college education? Learn about sound strategies for keeping your child's education within reach.

DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS COUNSELING, Nov 5, By Appointment. Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

EMPOWERMENT THROUGH COMMUNICATION, Nov 20, 9:00-11:00 am. Am I sure they heard what I think I said? Interpersonal communication skills and the ability to work with people often make the difference between success and failure on the job, in our homes, and in our relationships. If you want to improve your interaction with employees, co-workers, and family members, this is the class for you!

FAMILY READINESS BRIEFING, Nov 4, 18, & 25, 1:00-2:00 pm. Create your own personal/family care plan in advance. All active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, personal finances, Give Parents a Break, and more.

HICKAM COMMUNITY ACTION TEAM (HCAT) OUTREACH, Nov 25, 11:00 am-12:30 pm (AAFES BXtra). The Family Support Center, Life Skills Flight, Family Member Programs Flight, Health & Wellness Center, and Chaplain recognize and appreciate our active duty and retired members, and their families for their contributions and sacrifices made to the Air Force. Join us in acknowledging them at the AAFES BXtra.

HOW TO APPLY FOR FEDERAL EMPLOYMENT, Nov 12, 1:00-3:00 pm. Gain information on the employment process, salaries, and benefits for federal employment. Learn how to interpret job announcements and whether you are eligible to apply. Attendees will be provided guidelines, information, samples, and tips on completing the electronic Resumix.

HOW TO START AND EXPAND YOUR OWN BUSINESS, Nov 15, 9:00-11:00 am. If you are thinking about starting your own business, this workshop is a must! Kim Hite, Business Development Specialist, US Small Business Administration (SBA); and Milton Kwok, Manager of the Business Action Center, DBEDT, State of Hawaii, join forces to present a general overview and key considerations for potential entrepreneurs.

INTERVIEWING WITH CONFIDENCE, Nov 19, 9:00-11:00 am. Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

KEIKI FAIR, Nov 26, 9:00-11:00 am. In recognition of Military Family Week, the Hickam Family Support Center is hosting a Keiki Fair. Games, crafts, and prizes will be provided for your children. Community representatives will also be present to share their resources with you and your children. Free.

LOOKING FOR EMPLOYMENT IN HAWAII, Nov 12 & 25, 8:30-11:00 am. Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

MONEY MANAGEMENT, Nov 8, 15, & 22, 2:00-3:00 pm. This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

NEW TO HAWAII FINANCIAL BRIEFING, Nov 13, 1:00-2:00 pm. Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam and introduce you to the many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws. Active duty members must register through their orderly room. All others, please call 449-2494.

PLAYMORNINGS, Nov 1-27, Tuesday-Friday Sessions, 9:00-11:00 am. Free and fun playgroups. Parents and children ages 0-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required. Playmornings will not be held on Nov 5.

RESUME WRITING I, Nov 14, 1:00-3:00 pm. The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Following this session, come back for Resume Writing II to have your resume reviewed.

RESUME WRITING II, Nov 21, 1:00-3:00 pm. You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume I, TAP Workshop, or equivalent training is required prior to attending this class.

SALARY/BENEFITS NEGOTIATION, Nov 14, 9:00-11:00 am. This class will teach you the basics about benefit packages and various techniques of negotiating your "Total Rewards Package."

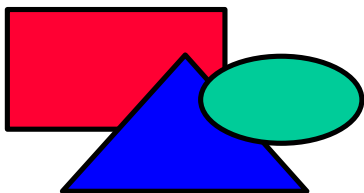
SMOOTH MOVE, Nov 21, 9:00-11:00 am. Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come. This class primarily focuses on active duty PCS moves.

SPONSORSHIP TRAINING, Nov 1, 9:00-10:30 am. Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, Nov 5-7, 8:00 am-4 pm, Daily. Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

VOLUNTEER ORIENTATION, Nov 7 & 21, 11:45 am-12:45 pm (American Red Cross, Bldg 1113). Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

WHAT TO EXPECT AFTER YOU'RE EXPECTING, Nov 13, 6:00-8:30 pm. Maximize your parenting success! Join us for an expectant parent's workshop on the emotional and financial aspects of having a baby. Discover normal newborn characteristics and gain some tips on how to care for your infant. All AF active duty families receive a layette (worth \$70) and a First Year Baby book.



Pearl Harbor, Serving the Hawaii Region

820 Willamette Street, Bldg. 193, Pearl Harbor, HI,
96860-5108
Phone: (808) 473-4222

NCTAMS PAC Satellite Office
500 Center Street, Bldg. 392, Wahiawa, HI, 96786-3050
Phone: (808) 653-0203

www.pearlharbor.navy.mil/ffsc

NOVEMBER 2002 CLASS SCHEDULE

NO CHARGE FOR CLASSES. Open to all active duty, reserve, and retired personnel, family members, and DOD employees.
To register for FFSC classes, call (808) 473-4222 and press 1, or [Register](#)

[Online](#)

EMPLOYMENT ASSISTANCE CLASSES	DATE	TIME	*LOCATION
FEDERAL EMPLOYMENT	NOV 13	1:00 PM - 3:00 PM	NCTAMS PAC
FEDERAL EMPLOYMENT	NOV 26	1:00 PM - 3:00 PM	
INTERVIEWING SKILLS	NOV 19	8:30 AM - 10:30 AM	
JOB SEARCH VIA THE INTERNET	NOV 12	8:30 AM - 9:30 AM	
RESUME WRITING	NOV 6	4:00 PM - 6:00 PM	
FINANCIAL CLASSES	DATE	TIME	*LOCATION
CAR BUYING STRATEGIES	NOV 26	1:00 PM - 3:00 PM	
CHECKING ACCOUNT MANAGEMENT	NOV 14	9:30 AM - 11:00 AM	
LIFE INSURANCE BASICS	NOV 6	9:00 AM - 11:00 AM	
MANAGING MONEY AND CREDIT	NOV 1	8:00 AM - 9:30 AM	NCTAMS PAC
MANAGING MONEY AND CREDIT	NOV 13	4:00 PM - 5:30 PM	
\$MILLION\$ DOLLAR SAILOR (I-II)	NOV 4-5	8:00 AM - 4:00 PM	
\$MILLION\$ DOLLAR SAILOR (I-II)	NOV 7-8	8:00 AM - 4:00 PM	NCTAMS PAC
SAVINGS AND INVESTMENT BASICS	NOV 27	1:00 PM - 3:00 PM	
INFORMATION AND REFERRAL CLASSES	DATE	TIME	*LOCATION
GREAT SPOUSES ACADEMY	NOV 21	8:30 AM - 2:00 PM	
OMBUDSMAN CLASSES/MEETINGS	DATE	TIME	*LOCATION
COMNAVREG HAWAII OMBUDSMAN ASSEMBLY MEETING	NOV 21	6:30 PM - 8:30 PM	LOCKWOOD HALL
COMPATRECONFORPAC OMBUDSMAN ASSEMBLY MEETING	NOV 27	6:30 PM - 8:00 PM	JOHN FINNE BLDG
COMSUBPAC OMBUDSMAN ASSEMBLY MEETING	NOV 19	6:00 PM - 8:00 PM	LOCKWOOD HALL
OMBUDSMAN BASIC TRAINING	NOV 4-6, 12-14	5:00 PM - 9:00 PM	

PARENTING CLASSES	DATE	TIME	*LOCATION
ANGER, TEMPER TANTRUMS AND SIBLING RIVALRY	NOV 6	9:00 AM - 11:00 AM	
APPRECIATING YOUR HIGHLY ACTIVE CHILD (ADD/ADHD)	NOV 13	11:00 AM - 1:00 PM	
BROWN BAG VIDEO: "HELP! I HAVE A TEENAGER!"	NOV 18	11:00 AM - 1:00 PM	
PARENT SUPPORT GROUP	NOV 26	11:00 AM - 1:00 PM	
PARENTS ACADEMY	NOV 7	8:00 AM - 12:00 PM	
PARENTS! CAN WE TALK? YOU BET WE CAN! FOR ADOLSCENTS/TEENS (AGES 11-17)	NOV 4	8:00 AM - 10:00 AM	
PARENTS! CAN WE TALK? YOU BET WE CAN! FOR SCHOOL AGE CHILDREN (AGES 6-10)	NOV 12	1:00 PM - 3:00 PM	
PARENTS! CAN WE TALK? YOU BET WE CAN! FOR YOUNG CHILDREN (AGES 0-5)	NOV 21	9:00 AM - 11:00 AM	
PERSONAL DEVELOPMENT CLASSES	DATE	TIME	*LOCATION
ADULTS MOLESTED AS CHILDREN	NOV 5, 12, 19, 26	1:00 PM - 3:00 PM	
ANGER MANAGEMENT	NOV 20	5:00 PM - 7:30 PM	
BUILDING LOVING RELATIONSHIPS (I-III)	NOV 12, 19, 26	5:00 PM - 7:00 PM	
HOLIDAY STRESS	NOV 4	8:00 AM - 10:00 AM	NCTAMS PAC
HOLIDAY STRESS	NOV 13	5:00 PM - 7:00 PM	
NEW DIRECTIONS SUPPORT GROUP	NOV 7, 14, 21	3:00 PM - 4:45 PM	
STRESS MANAGEMENT	NOV 6	5:00 PM - 7:30 PM	
UNDERSTANDING PERSONALITY TYPES IN PERSONAL RELATIONSHIPS	NOV 18	8:00 AM - 10:30 AM	NCTAMS PAC
RELOCATION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
ALOHA TOUR	NOV 14	8:00 AM - 3:30 PM	
CHINATOWN WALKING TOUR	NOV 7	9:00 AM - 1:00 PM	
HOME BUYING SKILLS WORKSHOP	NOV 6	4:30 PM - 6:30 PM	
SMART MOVE	NOV 21	8:00 AM - 11:30 AM	
RETIRED ACTIVITIES	DATE	TIME	*LOCATION
ANNUAL RETIRED PERSONNEL SEMINAR	SAT, NOV 2	8:00 AM - 12:00 PM	BANYANS
SEXUAL ASSAULT VICTIM INTERVENTION (SAVI) CLASSES/MEETINGS	DATE	TIME	*LOCATION
SAVI COORDINATOR COMMITTEE MEETING	NOV 4	1:30 PM - 3:30 PM	
SAVI VICTIM ADVOCATE REFRESHER TRAINING	NOV 12	12:45 PM - 2:45 PM	
TRANSITION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
CONSEP MID-CAREER WORKSHOP (IV) (LAST DAY OF 4-PART SERIES)	NOV 1	8:00 AM - 12:00 PM	
PRE-RETIREMENT/EXECUTIVE TRANSITION ASSISTANCE PROGRAM (E-TAP) SEMINAR (I-III)	NOV 5-7	8:00 AM - 4:00 PM	
PRE-SEPARATION/SEPARATION TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR (I-III)	NOV 12-14 NOV 19-21	8:00 AM - 4:00 PM	

All classes are located at the Fleet and Family Support Center, Bldg. 193, Pearl Harbor,
unless otherwise indicated.

Chaplain's Corner

By
LCDR Daniel E. McKay, CHC, USNR

Squanto, a Patuxet Indian, is an important figure in our nation's history. You see, he is greatly responsible for the Pilgrims' survival. Recognizing their dire condition (nearly half of the Pilgrims died during the harsh 1620 winter), he taught them how to fish, hunt, and grow corn. Indeed, had it not been for his help the Pilgrims would not have survived the failed crops of barley, wheat, and peas in 1621. Thanks to him, though, the corn crop yielded enough harvest for the Pilgrims to enjoy double weekly food rations. No wonder they paused to give thanks!

Squanto's friendship and presence at the table on that first Thanksgiving, however, almost never happened. Why? Because in 1605 he was taken captive and sent to England, where he was taught English and helped explorers learn more about the New England area. Later, in 1614, Squanto was returned to his tribe. Within a few months, though, he was again captured and sold into slavery in Spain. Rescued from slavery by monks, Squanto was taken to a monastery where he embraced the Christian faith.

From there he soon found his way back to England and eventually secured passage on a ship to return home. Squanto's homecoming, unfortunately, was not a happy one. For while he was away his tribe was completely wiped out by a devastating disease.

Six months later, his new family—the Pilgrims—arrived. Settling in the very region only four years earlier inhabited by Squanto's tribe, no one was better suited to help the Pilgrims adjust to and survive in their new home. Regarding Squanto's valuable friendship and assistance Governor William Bradford records, "[Squanto was] a special instrument sent of God for [our] good, beyond [our] expectation" (*The Light and the Glory*, p. 130).

Through Squanto's example we're reminded that out of bad, with faith in God, courage, and perseverance, tremendous good can result. And, also, he reminds us of the importance not to take for granted our loved ones and friends. In the spirit of the first Thanksgiving, then, let us join Squanto and the Pilgrims in giving thanks unto God for faithfulness, mercy, and love.

Religious Faith and USCG History Calendar:

01 Nov 2002	All Saints Day (Christian)
01 Nov 1941	USCG ordered to operate under the Navy
01 Nov 1943	Landings made on the Solomon Islands
02 Nov 2002	All Souls Day (Catholic Christian)
04 Nov 1984	USCGC NORTHWIND becomes first icebreaker to make a narcotics seizure
05 Nov 2002	Election Day
06 Nov 2002	Ramadan begins (through 06 Dec 02—Islam)
08 Nov 1942	Landings made in Vinchy-French held North Africa
11 Nov 1918	World War I ends
11 Nov 2002	Veterans Day
14 Nov 1991	First search and rescue operation by a HH-60J Jayhawk helicopter takes place off the coast of Alabama
15 Nov 1860	Minot Ledge Lighthouse construction ends: "Chief of the great sea-rock lighthouses."
16 Nov 1950	Dedication of Arlington National Cemetery monument to USS SERPENS' crewmembers (largest single loss of USCG during WW II, 29 Jan 1945, Lunga Beach, Guadalcanal)
16 Nov 1992	CGC STORIS becomes longest serving cutter in the Bearing Sea, eclipsing USRC BEAR's record of 44 years, 2 months
17 Nov 1973	USCGC POLAR STAR is launched
19 Nov 1984	HH-65A Dolphin helicopter begins service
20 Nov 1943	Landings at Makin & Tarawa, Gilbert Islands
21 Nov 1970	USCGCs SHERMAN & RUSH with USS ENTERPRISE sink N. Vietnamese trawler trying to smuggle arms into S. Vietnam
24 Nov 2002	Christ the King (Christian)
28 Nov 2002	Thanksgiving
29 Nov 2002	Quds Day (Islam)
29 Nov 1877	First annual report of the U. S. Lifesaving Service submitted in published form to the Secretary of the Treasury
30 Nov 2002	Hanukkah (through 07 Dec 02—Jewish)

In God's love,
Chaplain McKay

U.S. Department Of Transportation
United States Coast Guard

Commanding Officer
USCG Integrated Support Command
Work-Life Center
400 Sand Island Parkway
Honolulu, HI 96819-4398

Atop mt. Fuji

Photo, at right (Sitting L-R):

LCDR Nick Caron , LT Jill Lumpkin, and CPO Victor Tran of *MSO Far East Activities* smile at the camera; weary, but elated. It took them around 6 hours to climb up and around 2 hours to get down. Talk about 'walking the talk': CPO Victor Tran is the Health Promotion Coordinator for their unit.



Junior Achievement of Hawai'i Recruiting for Volunteers

Mission: That every child in Hawai'i has a fundamental understanding of the free enterprise system. **Purpose:** To educate and inspire young people to value free enterprise, understand business, and appreciate economics. **Facts about Junior Achievement:** Founded nationally in 1919, and in Hawai'i since 1957, Junior Achievement is the oldest, largest, and fastest-growing business and economic not-for-profit education organization in the world. Junior Achievement reaches 5 million students across the country and in 116 member nations around the world. 100,000 volunteers contribute more than 1,000,000 hours to Junior Achievement each year. Of those volunteers, 52,000 are business men and women who work as partners with the teacher in the classroom. Interested in volunteering, call Ms. Carol Ann Bieterman at 545-1777 or e-mail her at president@jahawaii.com.

FAMILY LAW ISSUES:

"Protective Orders, Child Visitation & other topics"

D14 Legal Assistance Attorney Belinda Alcantara & Guest Speakers from Coates & Frey, LLLC host free informational seminars on Fridays starting Nov. 15th. Seminars to be held in the Work-Life Conference Room from 11:30 a.m. - 1:00 p.m. RSVP by calling PO1 Ken Heaton at 541-2108 no later than 8 November.



Armed Services YMCA AMR Fall Fun Fest
Tuesday October 29th from 6-7:30pm

Play 25-cent games, win prizes, and have fun!! * Participate in a "cake walk", costume march , face painting, and tons of fun for everyone!! * Hot dogs and refreshments will be sold.
* Cake Donations accepted! * Call 833-1185 for more information.